

Fresh Herb International Cuisine

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Basil

- Flavors (taste like)
 - Mild, licorice-like, pungent, clove like and sweet smelling
- Cultures
 - Originally from India, but is also used in French, Italian, Asia,
- Harvest
 - Cut off and use leaves and stems
- Culinary Foods Used In
 - Pesto, Tomato dishes, poultry, veggies, salad dressing, chocolate
- Cooking With
 - Often added to a dish at the last possible moment to preserve the flavor
 - Take care not to over chop, roll or fold the leaves tightly together and cut methodically through each part of the resultant package once.
- Nutrition Value
 - High in Vitamin A, K and have some Omega 3 (16.6 mg)

Lavendar

- Flavors (taste like)
 - Intense, sweet, floral, with a lemon and citrus notes
- Cultures
 - Origin of India, also used in French
- Harvest
 - Cut matured flowers
- Culinary Foods Used In
 - Baked goods, sorbets, jellies, vinegars , custards
 - Use with a light hand
- Cooking with
 - Experiment, start with small amount (to much is like eat perfume, and may be bitter.
 - Can be substituted for Rosemary in breads
- Nutrition Value
 - Unable to locate at this time

Mint

- Flavors (taste like)
 - Mint
- Cultures
 - Italian, Asian, Indian, Turkish
- Harvest
 - Snip leaves
- Culinary Foods Used In
 - Beverages, jellies, lamb, strawberries, pork, sauce, vegetables
- Cooking with
 - Add at last moment
- Nutrition Value
 - Good source of Vitamin A, Iron

Thyme

- Flavors (taste like)
 - Sharp, spicy, savory, and clove-like
- Cultures
 - French, Creole and cajun
- Harvest
- Culinary Foods Used In
 - Sauces, soups, vegetables, meats, poultry, fish, stuffing, tomatoes, fresh salads, casseroles, marinades, baked goods
- Cooking With
 - Strip leaves off of woody stem
 - Can be used in a bouquet garni
- Nutrition Value
 - High in Vitamin K

Fennel

- Flavors (taste like)
 - Sweet,
- Cultures
 - Pakistan, Afghanistan, Iran, Middle East
- Harvest
 - Both base and stem
- Culinary Foods Used In
 - Meats, salads, soups,
- Cooking with
 - Add at last minute
- Nutrition Value
 - Rich in Vitamin A, plus a fair amount of calcium, phosphorus, and potassium

Rosemary

- Flavors (taste like)
 - Fresh, sweet, piney
- Cultures
 - French, Spanish, Italian
- Harvest
 - Cut of stem with leaves
- Culinary Foods Used In
 - Meats, poultry, eggs, veggies, fruits, cookies, jellies, vinegars, sauces, marinades, bread dip
- Cooking with
 - Experiment, a little goes a long way
 - Stems are woody, strip and use leaves
- Nutrition Value
 - Good source of minerals, iron, calcium, fiber

Savory

- Flavors (taste like)
 - Peppery, slightly piney
- Cultures
 - Asian, France
- Harvest
 - leaves
- Culinary Foods Used In
 - Legumes, vegetables, soups, stuffing, marinade, butters, vinegar, cheese
- Cooking with
 - Mince leaves
- Nutrition Value
 - Good source Vitamin A, C and manganese, calcium, iron,

Lovage

- Flavors (taste like)
 - Celerylike (leaves and stems are fibrous)
- Cultures
 - Mediterranean (Greece and France)
- Harvest
 - Leaves
 - Stems (blanch stems bases) before eating.
 - Seeds
- Culinary Foods Used In
 - Vinegars (stems and seeds)
 - (fresh) Salads (leaves)
 - (fresh or dried) soups and sauces (leaves and stems)
 - pickling brines, cheese spreads, dressing, sauces and breads (whole or ground seeds)
- Cooking with (used like celery)
- Nutrition Value (should not be used by pregnant women or impaired kidney function)
 - Rich in vitamin C, B Complex, Antioxidant, and quercetin
 - Quercetin is a bioflavonoid that acts as an anti-inflammatory and is believed to help prevent heart disease.

Dill

- Flavors (taste like)
 - Dill pickles without the vinegar?
- Cultures
 - Origin of Scandinavia, French, Italian, Greek, some Asian, Russian
- Harvest
 - Start picking as soon as they are large enough to use and just before flowers
- Culinary Foods Used In
 - Lentils, cheeses, vegetables, sauces, dips, dressings, pickling, fish and seafood
- Cooking with
 - Experiment, it is not overpowering, a lot can be used, but start small
- Nutrition Value
 - Rich source of Vitamin K, A. Good sources of calcium, high in sodium

Sage

- Flavors (taste like)
 - Savory, slightly bitter, like watercress
- Cultures
 - French, Italian, Native Americans,
- Harvest
 - Leaves
- Culinary Foods Used In
 - Soups, stuffing, spreads, eggs, meat, poultry, polenta, some fruits (apples, pineapple), butters, legumes, cheese
- Cooking with
 - Combines well with rosemary, thyme or marjoram
- Nutrition Value
 - Rich source of Vitamin K

Marjoram

- Flavors (taste like)
 - Sweet, like a milder oregano, floral
- Cultures
 - Mexican, French, Italian, Portugese
- Harvest
 - Best right after flower buds appear, but before they bloom
- Culinary Foods Used In
 - Cheese, meat, fish, pork, poultry, vegetable, pasta, eggs,
- Cooking with
 - Removes leaves from stems
 - Roast with vegetables
 - Add to the beginning of cooking
- Nutrition Value
 - Good source of Vitamin A and Iron, Manganese

Parsley

- Flavors (taste like)
 - Mild, pleasant, fresh, piney
- Cultures
 - French, Italian
- Harvest
 - Snip stem and leaves
- Culinary Foods Used In
 - Meat, fish, poultry, cheeses, stuffing, pasta, eggs, soups, vegetables, bouquet Garni
- Cooking uses
 - Add at last moment
- Nutrition Value
 - Very rich source of Vitamin A, C, K, Folate, iron and good source of calcium, Potassium, manganese, magnesium, Omega 6

Cilantro

Coriander is the seed of Cilantro

- Flavors (taste like)
 - Unique flavor, citrus, sage
- Cultures
 - Caribbean, Indian, Asia, Mexican and Latin
- Harvest
 - Short lived,
 - Just the outer leaves
- Culinary Foods Used In
 - Sauces, salsa, fish, meat, poultry, garnish, salads,
- Cooking with
 - Add at last moment
- Nutrition Value
 - Good source of Vitamin K

Chives

- Flavors (taste like)
 - Mild onion
- Cultures
 - French, Italian
- Harvest
 - Use scissors to snip
- Culinary Foods Used In
 - Hors d'oeuvre, salad, omeletes, eggs, spreads, dips, soups, vegetables,
- Cooking with
 - Use scissors to snip, instead of knives to cut and chop
- Nutrition Value
 - Vitamin K

Tarragon

- Flavors (taste like)
 - Sweet, anise-like(licorice)
- Cultures
 - French
- Harvest
 - Leaves
- Culinary Foods Used In
 - Bernaise sauce, omlettes, salads, fish, meat, soups, dressing, vinegar, green beans, asparaugas, peas, carrots, butters
- Cooking with
 - Experiment, very potent, start small
- Nutrition Value
 - Nothing significant

Bay Leaf

- Flavors (taste like)
 - Pungent flavor, savory, bitter
- Cultures
 - Origin Turkey, Asia, French, Italian
- Culinary Foods Used In
 - Stews, soups, sauces, fish and vegetable dishes, casseroles, bouquet garni,
- Cooking with
 - Use whole leaf, remove after cooking
- Nutrition Value
 - Nothing significant

Oregano

- Flavors (taste like)
 - Strong, clove-like, tangy
- Cultures
 - Greek, Italian, Mexican
- Harvest
 - Stems and leaves
- Culinary Foods Used In
 - Tomato sauce, chili, pizza, veggies, cheese dishes, pasta, eggs, cheeses, meat, poultry,
- Cooking with
 - Add at the last moment
- Nutrition Value
 - Good source of Vitamin K

Fine vs Robust Herbs

- Fine vs. Robust Herbs
 - _____ herbs are added to food while it is being cooked
 - _____ herbs may be eaten uncooked, in salads, or sprinkled over other dishes
 - Some can be used both ways (i.e. parsley)
- Fresh herbs preferable to _____ ones
 - Drying will cause loss of some essential oils and flavors, even under ideal conditions
- Ethnic herb assortments:
 - Italian: basil, oregano, fennel, flat-leaf parsley, garlic
 - Mexican: cilantro/coriander, basil, chile peppers, tomatillo

Creative Combinations

- Infinite flavor combinations, savory and sweet
- Dried herbs are stronger than fresh
 - 1 Tbsp=1tsp dried

Storage

- Store in tightly closed containers in a cool, dark place
- Cut Fresh herbs keep about two weeks
- _____ herbs only if necessary; may remove some flavor
- Exposure to air and light will cause loss of flavor and aroma
 - Can last 1-2 years under ideal conditions
- Store _____; pulverize just before use
- Drying herbs:
 - Dry rapidly in a warm, dark room at temps below 100°F
 - Can place in bags with 1-2 inches of stem showing and tie loosely
 - Can place leaves on a tray and turn daily
 - Can even dry in microwave, but may cause damage
- Freezing herbs:
 - Place herbs in labeled plastic bags; individually or in mixtures
 - Chop finely and freeze in ice cube trays, _____ herbs and _____ water

- The flavor, and hence the most important part of herbs, is the oil of the plant.
- We'll want these oils to be released during cooking, not during harvest or storage.
- Exposure to light, over heating, bruising or cutting will release these oils before they are needed
- Open air or very low temperature oven drying is the preferred method of removing the moisture without affecting the oils. Dehydrators can also be used. No blanching is needed prior to dehydrating.
- Alternative to drying is freezing, best method to preserve basil, chervil, and cilantro
 - freeze as rapidly as possible after picking
 - blanching is not necessary
 - freeze whole herbs in individually marked bags is the best optimum storage method
 - Roll into cigars for herbs with large leaves, works best for basil, lovage, and sage
 - also can chop and store them in small bags or mixed with water or oil in ice cube trays
 - in measured amounts
 - water concentrate – whirl in blender with water or stock, 2 cups leaves to 1 cup water.
- Optimal is using them immediately after picking them.
 - cut whole stems rather than single leaves or flowers
 - to reduce chance of damage
- best time of day to harvest is in the morning after any dew has dried off, but before midday intense sun.
- Although the leaves and tender parts of herbs are best for cooking, don't throw away the rest of the plant.
 - Bundles of stems are great flavor enhancers to throw on hot coals when barbecuing.
- Keep fresh fragile herbs such as basil, chervil, coriander at room temperature
- Keep fresh sturdy herbs such as parsley, oregano, rosemary, savory, and thyme in the refrigerator